

Detox your home

by Carmel Pacey

As women we're generally responsible for what comes into our homes and what stays out. There are now over 100,000 synthetic chemicals on the market, over half of them never tested for their toxicity to humans. When we buy household cleaners and insecticides it's hard to know exactly what we're getting because it's not usually on the label, but these are synthetic petrochemicals which are implicated in very serious diseases like cancer, asthma, nervous system disorders and hormonal dysfunction.

Petrochemicals have only been around for about 50-60 years, and in the same time period, we've seen dramatic increases in these diseases worldwide, along with serious degradation of our environment. Of course there are other factors, but exposure to toxic household chemicals plays a very large part – not least because our exposure is constant and the chemicals are in direct contact with our skin and mucous membranes through aerosol deodorants, cleaning and insect control products.

We need to find products that are safer for our families and our environment than this – products made from natural plant-derived ingredients. Before petrochemicals, that's what people used for thousands of years without harm to themselves or the environment. The use of vinegar for cleaning and disease prevention has been recorded as far back as ancient Sumeria, 7,000 years ago. Similar records exist for herbal and other plant-based preparations.

Personally I stopped using all household chemicals years ago. I wash myself, including my hair, with liquid castille soap made from olive oil, and I wash up with it too. For clothes, I use a simple laundry powder from plant-based ingredients. My hair and skin are in much better condition since I made these changes, and I feel much healthier.

For the house, I've developed products based on natural vinegar and pure essential oils - **My Habitat Essentials**. They include **WebMaster** to stop spiders from building webs, **CleanUp**, **MouldMaster** and **DeBug** for cleaning and getting rid of mould and pests while making the house smell delightful, and **Ambience** natural air fresheners – all without toxic ingredients, and all uplifting emotionally and physically due to fragrant essential oils. I use only 100% pure natural essential oils, organic if possible.

These products are now available in stores on the Tableland and in Cairns and will soon be distributed much more widely. Look for them in your local supermarket or health food shop, and detox your home.